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YOUR GUIDE TO GOING GREEN IN 2021

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Abstract

In 2020 going green is a big deal. Even if you're just thinking about it, getting informed, or have started out, every action will be a big step towards a greener, safer Earth.

Going green by no means has to be complicated, and nowadays there is easy access to products, services and communities dedicated to facilitating the going green movement.

Introduction

There are lots of little things we can do in our homes to play our small part in reducing landfill waste, cleaning the air, and preserving the natural landscape. But we double our efforts when we get our kids involved, helping them understand the why to our what.

When they get it, it'll be second nature when they're adults—and that much easier to pass it down to their children.

Here are some small, easy, green choices we can make in our homes. Choose three that you're not already doing, and make them a habit this year.

1 Reasons Why You Need to Start Green Cleaning Today

Have you thought about green cleaning, but aren't sure why it's so much better than conventional cleaning? Discover 10 great reasons to make the switch today and rest easy knowing you are protecting your health, your family's, and that of the planet.

Make Your Home Safer

Warning! Flammable! Toxic! With labels like these on some conventional cleaning products, you get a pretty good idea that they aren't really that safe. Many chemicals (e.g., chlorine and ammonia), when mixed together, can be downright dangerous.

Small children and pets are especially vulnerable due to higher exposure levels because of their size. Plus, household cleaning supplies are one of the top five substance classes accounting for calls to the National Poison Control Center according to its 2010 annual report. So, minimize your risk with green cleaning products that aren't toxic or as dangerous.

Protect Your Health

Feel better with green cleaning products—literally. Unlike conventional cleaning products, you'll know that what you're using won't harm you, your family, or your pets. Symptoms such as coughing, sneezing, skin rashes, headaches, and more may "mysteriously" disappear once you stop using toxic cleaning chemicals.



Considering many of the hazardous chemicals in conventional products are often carcinogens, neurotoxins, mutagens, teratogens, or endocrine disrupters, it is definitely worth ditching them in favor of natural green cleaning products.

Clean up Your Indoor Air

Did you know that the use of conventional cleaning products can contribute to higher pollution indoors than outdoors? Volatile Organic Compounds (VOCs), which have been associated with a host of health problems like damage to the liver, kidneys, and central nervous system, are released when products are used and stored and can also linger in the air long after use. That's nothing to cough at. Breathe easier knowing that this is not a problem with cleaning products that are truly green.

Help the Environment

When you choose to use green cleaning products, you are making a vote to protect the environment so to speak. Most ideal green cleaning products are made using sustainable manufacturing practices and naturally derived, safe, non-toxic, and biodegradable ingredients that don't negatively impact the environment.

On the other hand, some conventional cleaning products contain ingredients that are toxic, hazardous, non-biodegradable, and from non-renewable resources like petroleum, so they adversely affect the earth's eco-systems.

Save Some Money



Add some green to your pocketbook by making your own green cleaning products, or save money by buying eco-friendly all-purpose cleaners that do multiple jobs, so you won't have to purchase other products. With more and more manufacturers entering the green cleaning scene, natural products are often competitively priced with their conventional, chemical-laden counterparts, and, in some cases even cheaper.

Make Cleaning Easier

It's much easier to have a few products that take care of your general cleaning needs than a whole arsenal of toxic products. For example, vinegar can easily replace mold and mildew removers, window cleaners, all-purpose cleaners, toilet bowl cleaners, and more.

You can often tackle multiple cleaning jobs in your home without switching products as you clean. Plus, you don't have to worry about getting bleach stains on your clothes or accidentally mixing dangerous chemicals together as you clean when you go green.

Give Back to Your Community

Many manufacturers of green cleaning products take social responsibility very seriously and often give a portion of their profits to organizations that further social, environmental,

and educational change. So, purchasing products from these companies means you are also giving a little back to your community, whether local or global.

Become a Green Role Model

Once you start using eco-friendly, green cleaning products and tools and see how well they work, others will most likely follow suit. Don't be shy about green cleaning at home or the office. As more join in, it means a healthier planet for us all to enjoy! Setting an example for children guarantees a brighter future for our planet as well.

Create Your Own Products

Try on your creative side by making some of your own green cleaning products, such as this aromatherapy cleanser, with eco-friendly green cleaning ingredients and supplies. You will not only save money and time shopping but can also customize products to suit your needs by using different natural ingredients, such as essential oils.

2 Guide to Going Green at Home in 2021

In 2020 going green is a big deal. Even if you're just thinking about it, getting informed, or have started out, every action will be a big step towards a greener, safer Earth.

Going green by no means has to be complicated, and nowadays there is easy access to products, services and communities dedicated to facilitating the going green movement.

If you've got that itch saying "small green habits won't do much", scratch it right off! Because these habits have the potential to make a huge impact. Collectively speaking, you are not the only one taking up these habits, maybe you've just started but hundreds of people in your neighborhood already have other tasks they are taking up as well.

Going green is about the impact we can make with small, easy actions, that will be a part of a bigger movement.

- **Go Green With Your Family**

Go Green With Your Family Going Green is a family activity. Get your kids involved and teach them healthy habits of going green and preserving the earth is as a collective learning experience. These habits will make them grow into conscious adults and will pass on green habits to their children as well.

Going green is progressive. Start small and slowly implement activities to your daily household routine. Don't forget that this is a learning process for all, don't let yourself get

overwhelmed. Once you begin, it will be practical to keep a calendar or list of chores assigned to everyone in the household, especially as you are progressively adding more activities



- **Going Green in Numbers**

There are many ways of going green, from using environment friendly products, to recycling, to going vegan, etc.

During 2020, the numbers have risen considerably in many of the global green markets that offer such products and services. When looking into the consumption of green products, we are able to notice how that reflects into daily lifestyle choices of more and more people.



Millennials are Leading the Way

Widely considered to be “The Green Generation”, they are driving the movement towards a more sustainable lifestyle. Hey, the numbers speak for themselves. Millennials are driven to consume green products, go vegan or vegetarian, more so than other generations.

The Benefits of Going Green at Home:

Try imagining every home as a tiny beating heart in Earth. Done? Ok, now imagine trillions of tiny beating hearts that keep our Earth alive and well. Every heart fraction is represented by our home. If you think of your home as a reflection of the Earth, how happy are you with the way it functions presently? How much water are you spending? How much food waste are you producing? Do you recycle? These are the important questions!

Let's get head on into some of the green activities you can start doing with your family.

- **Start Going Green at Home**

Excess Down

In a world where most of the things “needed & desired” are at our fingertips, it's time we start analyzing what we really need and how much of these are excessive behaviors.

Going green is a behavioral change. Going by the laws of the necessary to live comfortably, because at the end of the day, the excessive consumption of objects we don't actually need, produces waste and resource loss.

Consider Other means of Transportation

Families with one car per member is a comfortable and convenient, but how necessary is this? Can we make a change here? Try using public transportation, carpooling and biking.

Do you have to go just a couple of blocks away? Take your bike or go for a walk, be a healthier you. According to UCSUSA “In 2013, transportation contributed more than half of the carbon monoxide and nitrogen oxides, and almost a quarter of the hydrocarbons emitted into our air.”

Re-using Lifestyles

Commit yourself to taking up reusing activities. Have one water bottle, one coffee mug for your coffee and coffee shops, when going for take out, take your own container instead.

Do it at home too! Are there cleaning product packaging constantly being replaced? Find ways of reusing packaging to reduce waste and just refill, refill, refill!

Less Water, Better Earth

Shorter showers, turning off the tap when brushing your teeth, energy-saving dishwashers. Make sure your appliances are optimized for a greener lifestyle.

Run your laundry when a full load is ready and choose the “eco” setting always. Be a spy! Make a list of all wasteful habits in regards to water and energy and create green habits out of each of them.

Save Electricity

Rely on rechargeables, remove devices that are not in use from their sockets. Surprisingly enough, anything plugged in, but not in use adds more than 10 to your electricity bill.

Responsible E-Waste

E-waste refers to any electronic waste in the form of devices, gadgets or electrical resources no longer in use. For instance, batteries, old phones, old repairs lying around at home. These spread pollutants such as polyvinyl chloride, beryllium, mercury and lead, all very harmful to the environment, humans and other forms of life. Find a verified recycling source in town instead.

Going Green means going Veggie

Meat production requires huge amounts of water and energy due to the worldwide demand for meat consumption. There is such a high demand to grow animals, not only in horrid conditions but to also maintain the farms in which they are raised, fed and reproduced.

Best Carpet Cleaners

According to PETA “It takes more than 2,400 gallons of water to produce 1 pound of beef.” Plus, all this process contributes to the overall carbon footprint released into the atmosphere. Slowly going vegetarian or cutting off meat at least to 50% will still be doing a lot for the world. You can also try to consume from small farms and rely on your farmer’s market and produce.

Second Hand Items

Abiding by the “excess down” behavioral change, when going out and buying “new” think about buying “used”. By just imagining the resource waste that goes into producing every single object at home, you can start making a list of new changes of reusing items.

Composting

Try to invest in a backyard compost, this allows food waste to be used as reusable energy. If not looking to take this step yet, donate your food waste to a local compost program, if any in town.

- **Let's Talk Recycling Tips**

Let's Talk Recycling Tips

You can recycle anything with staples, clips or spirals intact, anything metal will be filtered by machines.

Remove all bottle caps from plastic bottles. These are made from a different type of plastic and will disturb a whole batch of recyclables.

- **Paper Recycling Tips**

Paper Recycling TipsPapers can be a real hassle and sometimes a bit confusing to sort out when recycling. The most important thing here is, try cutting off paper usage as much as possible in contribution to saving trees and stop deforestation, etc.

Sort out your junk mail

What are you subscribed to that is getting you receiving so much junk mail? Can you convert these subscriptions into online ones? Do you have an e-book of some sort, is there a way your subscriptions can go on there? Find out and cut the paper clutter, and most importantly, stop receiving junk mail.

Have a handy recycling bin

Close to your mailbox in order to toss junk mail in there as soon as you receive it. You can even keep it outside so that you're already separating your waste.

Bills on paper is so 15 years ago

Pay your bills online, set up notifications on your email, or automatic check paying from your bank account.

You can save each ticket online as well, and don't have to have them scattered all over the house. And more importantly, you are staying green in the process.

- **Green Car Tips**

Green Car TipsGoing green in your car is such a big deal. It's important to think about the non-renewable natural resources you will be saving because of it. It's safe to say that it's

not in everyone's budget to purchase an electric car. If you do, then go for it! If not, you can definitely add your little grain of sand and this is how you can start:



Take it Easy and Slow Down Partner!

Higher speeds equal to higher gas usage. If you're driving 10mph above 60, this is adding about 50 more cents to the price of a gallon of gas. Wow. Imagine how much money and gas you will be saving if you slowed down a bit.

Check your Tires

Once a month, make sure to check the pressure on your tires against the guidelines listed in your car's manual. This can improve mileage by 3 percent.

Check the air

Make sure you're replacing your filters regularly, as a new oxygen sensor alone can improve your mileage by about 15 percent.

Going Green is the Way to Go

Going Green is the Way to Go! If you're really wondering how much of a carbon footprint with your daily activities you are generating, you can always go on www.footprintcalculator.com and find out how many Earths we would need depending on your lifestyle choices.

This Earth is our only Earth and it will be so for generations to come, it is our responsibility to keep it safe, alive and well. Don't forget it. Every home is a reflection of how we are taking care of the Earth.

Most Effective Green Cleaning Solutions For Removing Household Mould?

No matter how much effort you put to keep your home neat and clean, you will come across moulds at some point of time. As it usually grows in some humid places that are out of sight, the chances are that it is already in your house and you don't even know it.

Moulds not only look bad but can also cause some health issues if you leave it untreated. Whether you are allergic to moulds or not, it can irritate your eyes, nose, throat, skin and lungs. Therefore, it is important to eliminate the mould from your house before it causes any harm.

In case you are moving out of the rental property, the presence of mould can be a major issue. Instead of following DIY methods to remove them, hire professionals to get the best end of lease cleaning in Melbourne. The experts use advanced tools and effective solutions to give you the best possible result.

If you want to get rid of moulds from your house without any hassle, you need to follow the right methods. Read on to know more about the most effective cleaning solutions for removing household mould.

Baking Soda

The baking soda is a highly effective and natural cleaning agent. It can be used for various cleaning purposes including the mould removal. All you need to do is to mix baking soda and water in a spray bottle and apply the solution on the affected spot.

Then use a scrub brush to remove the mould from the surface. Then rinse the surface with water so that you can remove the remaining particles and baking soda. Allow the spot to get air dry. To prevent future growth, again spray the spot with baking soda and water solution and leave it.

Hydrogen Peroxide

Hydrogen peroxide is highly effective against household mould because of its antifungal and antibacterial properties. It is also easily available in nearby Melbourne market. You can use it without hesitation on various surfaces such as counters and kitchen appliances, bathroom tubs and fixtures, hard floor and even some wall surfaces.

Pour 3% concentration of hydrogen peroxide in a spray bottle and then spray it on the affected spot. However, before you use it, test the solution on a hidden surface to make

sure. Once you have saturated the mouldy spot with the solution, leave it for 10 to 15 minutes. Then scrub the surface and wipe it dry.

White Vinegar



White vinegar is another useful cleaning agent that not only removes the dirt but also eliminates the smell and kill bacteria and fungus. In case you don't know, vinegar kills around 82% of mould species on porous as well as non-porous surfaces.

To kill mould, use undiluted white vinegar because white vinegar has around 20% of acetic acid. Adding water will make it less effective, and as a result, it will not work on moulds. Professional who carry out reliable end of lease cleaning in Melbourne, also prefer to use vinegar. Spray the solution on the area and leave to get dry. Then wipe with a wet cloth.

Lemon

Lemons are an effective and natural deodorizer that has antifungal and antibacterial properties. So, you can use it to get rid of moulds effective and prevent their future growth. The high concentration of acid present in lemons works quickly and breaks down mould, making the task a lot easier.

Borax

Borax is one of the best products to get rid of household moulds. It is a natural compound so you can use it without any hesitation. Compared to commercial mould removal products available in the market, borax doesn't release toxic fumes or cause any harm to your skin.

Add one part of borax and ten parts of water and mix well. Then apply the solution on the mould surface and use a sponge or brush to remove the mould. Finally, leave the surface so it can get dry.

Essential Oil

You can also use Essential oil to remove the mildew. Tea tree oil is an insect repellent, natural deodorizer and has antifungal properties. So, it is one of the safest methods for removing all kinds of fungus from household surfaces.

Combine tea tree oil (one teaspoon) with water (one cup) in a spray bottle and shake the bottle vigorously to mix the water and oil. After that spray the solution on the mouldy area and leave it for an hour. Finally, wipe away with a dry towel or microfiber cloth.

Professionals

Apart from the cleaning solutions mentioned above, you can also hire professionals to get the job done. Whether you want to clean your rental property before moving out or thoroughly clean your own house, the professionals give you the best result.

They offer several additional services that can help you to completely remove the mould problem. They have expertise in removing moulds, stubborn dirt, bad smell and other such things. Comprehensive cleaning of the house, including mould removal, can be a time-consuming procedure, so professionals save your time and efforts.

3 Ways to Keep Our Environment Clean and Safe

With environmental issues like water contamination, pollution, and climate change, it's natural to look for ways we can reverse the damage to our planet and keep our environment clean. Many of us think we're too small to make a difference, but when enough of us take action, we've seen the positive results we can create.

Today we're looking at the steps – big and small – you can take to keep our environment clean and safe.

Ways to Keep Our Environment Clean and Safe

Make your voice heard: vote, sign petitions, contact your leaders

Your state and local representatives need to hear from you. Never doubt – they're hearing from special interest groups and big businesses with big money. There are several steps we can take in our individual lives, but let's face it... your home can't possibly pollute or waste resources on the same scale as a large factory or corporation.

Here are a few ways you can voice your concerns and ask that corporations are held to standards that protect our planet and keep our environment clean and safe:

Refuse single-use items (especially plastic)

Straws, to-go cups, disposable razors, and plastic grocery bags are some ubiquitous examples of single-use products in our economy. Finding a reusable option for these items we use once and toss is a simple way to make a big difference.

While replacing all single use products with reusable products is best, it can be overwhelming at first. To get started, Lauren at Minimal Domesticity says to consider whether the product will be used for more than an hour.

If, like a plastic grocery bag, the product's useful life is less than an hour, try replacing it with a more sustainable alternative.

One of the best ways to avoid these products is to refuse them before they enter your life. This is how you vote with your dollar. Unsubscribe from mailing lists and catalogs, bring your own bag, order a drink with no straw, and decline unnecessary receipts.

Buy locally, eat more plants, and compost your food waste

When shopping, focus on purchasing locally grown products rather than imported goods. Buying locally means less transportation, processing, and packaging. And when it comes to food – local means fresh... which tastes so much more flavorful.

Find your local CSA through Local Harvest and join. Or try your hand at gardening with the 10 Easiest Vegetables to Grow from Seeds. You won't have to make as many frequent trips to the market if you plant vegetables and fruit trees in your very own backyard.

Eating more vegetables and fewer factory-farmed meats helps reduce greenhouse gases. If your family eats meat, try decreasing your serving sizes and letting the vegetables take center stage on your plate. And when you purchase meat, be sure to buy it from a reputable grass-fed source without hormones or antibiotics.

Remains of plants and kitchen waste make rich nutrient filled food and manure for plants, helping them grow faster. This process is known as composting. Instead of throwing away food and wet waste, you can now use it for the plants in your own home garden.

Composting reduces the volume in our landfills. Municipal solid waste buried in a landfill doesn't get enough oxygen and will produce methane. A compost pile, on the other hand, undergoes aerobic decomposition. Because it is exposed to oxygen, either by turning it or through the use of worms and other living organisms, it produces carbon dioxide instead of methane.

Plant trees and landscape with native plants

Green living areas in our cities and suburbs are vital. Industrialization and suburban sprawl have taken away the trees – our main source of unadulterated oxygen. They're also beautiful, and they do their part to keep our environment clean.

By planting a tree today, you can make green space and unadulterated oxygen a reality for our kids. The same goes for landscaping with native plants. Not only are they low maintenance, they conserve water, reduce carbon pollution, and support the health of local wildlife. If you don't have your own lawn, you can donate a tree.

Green your transportation and travel habits

As much as 90% of road transportation dependent upon oil. When you walk, bike, or take public transportation, you'll reduce your carbon footprint significantly. If you must drive, make your errands at less busy times of day so you won't sit in traffic wasting gas. And try to consolidate your outings – being conscious of how many separate trips you can prevent (this also saves time).

When it comes to vacations, opt for local destinations. Why not see all the beautiful natural resources your own town or state has to offer? If you must travel by air, consider buying carbon credits to offset the environmental impact.

Conserve water

With industries dumping waste into our water supplies, our access to fresh, clean drinking water is dwindling. Running taps, long showers, running the dishwasher half-full, and unchecked water leaks examples of unnecessary water waste. Try rainwater harvesting in buckets or a rain barrel which can be used to water the plants in the lawn, clean your cars etc.



Reduce use of chemicals & properly dispose of waste

Instead of purchasing disposable items like plastic plates, spoons and cups, opt for reusable, washable flatware instead. Get an extra set at Goodwill. It doesn't matter if they match. For on-the-go coffee lovers, carry your reusable travel mug to the coffee shop. With this small, simple act, you reduce the amount of trash you're disposing and your coffee remains hot while doing so.

Many industries dispose of their oil, paint, ammonia, and other chemicals openly. This is hazardous to water and air as these chemicals are soaked into the groundwater.

When all of these chemicals combine, it's no wonder cancer rates have skyrocketed. Support regulations and incentives for companies to keep our environment clean. Agriculture is also a known polluter when it comes to chemical runoff. And when it comes to your own back yard, avoid over-fertilizing to make sure you're not contributing to algae blooms from runoff.

Choose natural cleaning methods, environmentally-safer paints, and recycled or nontoxic home improvement materials to keep your indoor air cleaner in Melbourne (and naturally fresh) and your waste less harmful.

Fall in love with Mother Nature

“There is mounting research that supports the idea that children [and adults] who spend regular time playing and learning in the natural world are happier, healthier, smarter, more creative and better problem solvers,” shares Janice Swaisgood, Children & Nature Network’s National Coordinator of Nature Clubs for Families.

Essentially if we want to be inspired to protect our natural resources, we must fall in love with nature. Go out and wade in a spring, swim in a lake, and walk or play on the beach. Put down your phone, and go outside to see what kind of birds and butterflies are fluttering about your yard. When you find a bird nest and observe (not interfere) with the hatching, growing, and finally flying away... you develop an intrinsic vested interest or ownership in the natural world.

Striking a balance between ethical development and a healthy environment may take decades, even centuries. But together, we can become better stewards of this planet we share as our home.

4 Tips to Green Clean Your Routine

Chemical-laden household cleaners in Melbourne don’t live up to all the hype they get. Sure, they can clean and sanitize your home effectively. However, they can also release toxins into your abode and the environment when you dispose of them.

Are you looking for ways to make your cleaning regimen a bit more eco-friendly? Good news — it’s not nearly as difficult or expensive as it sounds. Instead, it can be an easy and cost-effective option that makes you feel even better about having a clean house. Here are eight tips to get you started.

Crack Open the Windows

Sometimes, the air quality inside your home can be more toxic than the air quality outdoors. Everything from pet dander to pollen to mold to chemicals can flare up a person’s allergies or asthma, thus making the air unhealthy.

To keep things fresh, open your windows every so often to let in the outside. As a little bonus, you get to enjoy the scent of crisp air wafting into your home.

Try Baking Soda

Who knew this pantry staple had so many uses? Fold baking soda into your cleaning routine to tackle smelly carpets, for starters. Sprinkle it on, let it sit, then vacuum up the

powder — and all the odors it trapped. You can mix baking soda with water to create an oven-cleaning paste you leave overnight and scrape off with all the gunk it collected. Or, combine baking soda and vinegar to create a fizzing toilet bowl cleaner in Melbourne, much like the build-your-own-volcano experiment you probably did as a child.

Grab a Lemon

Lemons have both antibacterial and antiseptic qualities, so they'll be an essential part of your all-natural sanitizing regimen. Rub a slice of lemon on a cutting board to remove germs. Or, place lemon peels in a jar with vinegar for a few days. When you strain out the zests, you'll have a powerful all-around cleaner in Melbourne. You can dip lemon halves into salt and use them to scrub a copper pot back to its signature shine.

Choose White Vinegar

Of all the vinegar varieties out there, only one should be part of your green cleaning regimen. Simple, white vinegar has the antibacterial properties you need to scour your home. Diluted white vinegar is a powerful stain remover, and spraying a 50-50 solution of vinegar and water will bring windows to a shine. You can also simmer some vinegar simultaneously while you cook an aromatic fish dinner, for example. The vinegar will absorb all the odor.

Bring in Borax

Scooping some borax in with your laundry will aid your detergent by softening the water and brightening the colors of your clothes. It can do the same if you use it as a bathroom scrub — restore shine to tiles and tubs with a bit of borax.

Or, you can mix up an all-purpose cleaner in a spray bottle with just a teaspoon of borax, two tablespoons of vinegar and a bit of hot water. Add in a few drops of dish detergent and your favorite essential oil before filling the rest of the bottle with water. With that, you have an effective cleaner for all different areas of your home in Melbourne.

Conclusion

You don't have to go all-natural all on your own. Plenty of companies have come out with nontoxic versions of your go-to cleaners. Purchasing premade solutions can simplify the transition from traditional to green products.

On that note, once you've made your routine eco-friendlier, you'll want to get rid of the products that no longer serve your household. If you don't want to use a particular product in your home, you shouldn't want it ending up in the water supply or landfill, either. So,

find out if and when your community hosts a recycling day for such solutions. At the same time, you can likely recycle other potentially toxic items, such as batteries.

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